

Monday



Monday sets the tone for your week. It includes lean protein and healthy fats to keep you full. These meals are simple to prepare and don't require fancy ingredients.

Meal	Recipe	Calories
Breakfast	Greek Yogurt with Mixed Berries and Honey	280
Lunch	Grilled Chicken Salad with Avocado	420
Dinner	Baked Salmon with Quinoa and Steamed Broccoli	650
Snack	Apple Slices with Peanut Butter	150

Breakfast: Greek Yogurt with Mixed Berries and Honey

Start your morning with creamy Greek yogurt topped with fresh strawberries, blueberries, and a drizzle of honey.

This protein-rich breakfast keeps you full until lunch without feeling heavy.

Lunch: Grilled Chicken Salad with Avocado

A big bowl of mixed greens topped with grilled chicken breast, avocado slices, cherry tomatoes, and cucumbers.

Use a light vinaigrette that adds flavor without too many extra calories.

Dinner: Baked Salmon with Quinoa and Steamed Broccoli

Salmon fillets baked with lemon and herbs served alongside fluffy quinoa and bright green broccoli.

This dinner is packed with omega-3s and fiber to keep your body running smoothly.

Snack: Apple Slices with Peanut Butter

Crisp apple slices paired with two tablespoons of natural peanut butter make the perfect afternoon snack.

The combination of fiber and protein stops those evening cravings before they start.

Tuesday



Tuesday's meals focus on whole grains and lean proteins. You'll feel satisfied all day long with these filling options. The flavors are simple but delicious, and nothing takes too long to make.

Meal	Recipe	Calories
Breakfast	Oatmeal with Banana and Almonds	310
Lunch	Turkey and Swiss Cheese Wrap	380
Dinner	Stir-fried Tofu with Brown Rice and Vegetables	630
Snack	Carrot Sticks with Hummus	180

Breakfast: Oatmeal with Banana and Almonds

Warm oatmeal cooked with milk and topped with sliced banana and crunchy almonds.

This breakfast sticks with you through the morning and gives you steady energy without a sugar crash.

Lunch: Turkey and Swiss Cheese Wrap

A whole wheat tortilla filled with sliced turkey, Swiss cheese, lettuce, tomato, and mustard.

It's quick to throw together and easy to pack for work or eat at home.

Dinner: Stir-fried Tofu with Brown Rice and Vegetables

Crispy tofu cubes stir-fried with bell peppers, snap peas, and carrots served over brown rice.

You can also add soy sauce and ginger for flavor, or any sauce you like, to make this meal taste like takeout.

Snack: Carrot Sticks with Hummus

Fresh carrot sticks dipped in smooth hummus give you a satisfying crunch.

This snack provides vitamins and keeps you from reaching for chips or other processed foods when hunger hits.

Wednesday



Wednesday brings variety with Mexican-inspired flavors for dinner. The meals are colorful and fresh, which makes eating healthy feel exciting.

Meal	Recipe	Calories
Breakfast	Scrambled Eggs with Spinach and Whole Wheat Toast	300
Lunch	Quinoa and Black Bean Salad	410
Dinner	Grilled Shrimp Tacos with Salsa	620
Snack	Cottage Cheese with Pineapple	170

Breakfast: Scrambled Eggs with Spinach and Whole Wheat Toast

Fluffy scrambled eggs cooked with fresh spinach and served with one slice of whole wheat toast.

This classic breakfast gives you protein and greens to start your day right.

Lunch: Quinoa and Black Bean Salad

A hearty salad made with quinoa, black beans, corn, diced tomatoes, and cilantro with lime dressing.

It's filling enough to be a complete meal and tastes even better as leftovers.

Dinner: Grilled Shrimp Tacos with Salsa

Seasoned grilled shrimp wrapped in corn tortillas with cabbage slaw and fresh salsa.

These tacos are light but satisfying, and they bring restaurant-quality flavor to your dinner table at home.

Snack: Cottage Cheese with Pineapple

Creamy cottage cheese topped with sweet pineapple chunks creates a perfect sweet and savory combination.

This high-protein snack curbs your appetite and feels like a mini dessert treat.

Thursday



Thursday mixes things up with a smoothie for breakfast and creative dinner options. These meals prove that healthy eating doesn't have to be boring.

Meal	Recipe	Calories
Breakfast	Smoothie with Kale, Banana, and Protein Powder	290
Lunch	Chicken Caesar Salad (Light Dressing)	400
Dinner	Spaghetti Squash with Marinara Sauce and Turkey Meatballs	640
Snack	Mixed Nuts	170

Breakfast: Smoothie with Kale, Banana, and Protein Powder

A blended smoothie with kale, banana, protein powder, and almond milk.

It's quick to make and perfect for busy mornings when you need to grab breakfast on the go.

Lunch: Chicken Caesar Salad

Romaine lettuce topped with grilled chicken, parmesan cheese, and light Caesar dressing.

You can skip the croutons to save calories, but you still get all the classic Caesar salad flavor you love.

Dinner: Spaghetti Squash with Marinara Sauce and Turkey Meatballs

Roasted spaghetti squash topped with homemade marinara sauce and lean turkey meatballs.

This dish feels like comfort food but has way fewer calories than regular pasta and meatballs.

Snack: Mixed Nuts

A small handful of mixed nuts, including almonds, cashews, and walnuts.

These provide healthy fats and protein that keep you satisfied between meals without adding too many calories.

Friday



Friday's meals feel a bit more indulgent while staying within your calorie goals. You deserve something special to end the work week.

Meal	Recipe	Calories
Breakfast	Whole Grain Cereal with Almond Milk and Blueberries	270
Lunch	Veggie and Hummus Sandwich on Whole Wheat Bread	360
Dinner	Grilled Steak with Sweet Potato and Asparagus	710
Snack	Greek Yogurt	160

Breakfast: Whole Grain Cereal with Almond Milk and Blueberries

A bowl of high-fiber cereal with unsweetened almond milk and fresh blueberries on top.

This breakfast is super fast to prepare and gives you the crunch you crave in the morning.

Lunch: Veggie and Hummus Sandwich on Whole Wheat Bread

Whole wheat bread piled high with hummus, cucumber, tomato, lettuce, and shredded carrots.

This vegetarian sandwich is surprisingly filling and packed with fiber to keep your digestion happy.

Dinner: Grilled Steak with Sweet Potato and Asparagus

A juicy grilled steak served with a baked sweet potato and roasted asparagus spears.

This dinner feels like a restaurant meal but fits perfectly into your calorie plan for the day.

Snack: Greek Yogurt

Plain Greek yogurt eaten on its own or with a tiny bit of honey if you want.

It's a simple snack that gives you protein without any unnecessary sugar or artificial ingredients.

Saturday



Saturday lets you enjoy pancakes for breakfast without guilt. The rest of the day balances out with lighter meals. You can relax and enjoy your weekend while sticking to your health goals.

Meal	Recipe	Calories
Breakfast	Pancakes with Fresh Strawberries	350
Lunch	Tuna Salad Lettuce Wraps	320
Dinner	Baked Chicken Breast with Brown Rice and Green Beans	680
Snack	Orange Slices	150

Breakfast: Pancakes with Fresh Strawberries

Two whole wheat pancakes topped with sliced fresh strawberries and a small amount of maple syrup.

Weekend breakfast should feel special, and these pancakes definitely do without breaking your calorie bank.

Lunch: Tuna Salad Lettuce Wraps

Tuna mixed with light mayo, celery, and onion wrapped in crisp lettuce leaves instead of bread.

These wraps are refreshing and light, which is perfect after a heavier breakfast.

Dinner: Baked Chicken Breast with Brown Rice and Green Beans

Seasoned chicken breast baked until tender, served with brown rice and steamed green beans.

It's a classic dinner combination that never gets old and keeps your nutrition on track.

Snack: Orange Slices

Fresh orange slices provide natural sweetness and vitamin C.

This simple fruit snack refreshes you between meals and satisfies sweet cravings with real food instead of processed sugar.

Sunday



Sunday wraps up the week with comfort food that still fits your plan. These meals feel cozy and satisfying as you prepare for the week ahead. You'll finish strong and ready to start Monday all over again.

Meal	Recipe	Calories
Breakfast	Avocado Toast with Poached Egg	330
Lunch	Lentil Soup with Side Salad	390
Dinner	Roasted Pork Tenderloin with Mashed Cauliflower	630
Snack	Dark Chocolate Square and Almonds	150

Breakfast: Avocado Toast with Poached Egg

Mashed avocado spread on whole wheat toast, topped with a perfectly poached egg.

This trendy breakfast is popular for good reason; it tastes incredible and keeps you full for hours.

Lunch: Lentil Soup with Side Salad

A warm bowl of lentil soup packed with vegetables served alongside a small mixed green salad.

This lunch is comforting and nourishing, especially on cooler days when you want something warm.

Dinner: Roasted Pork Tenderloin with Mashed Cauliflower

Herb-crusted pork tenderloin roasted until juicy, served with creamy mashed cauliflower instead of potatoes.

You get the comfort food feeling without all the extra carbs and calories.

Snack: Dark Chocolate Square and Almonds

One square of dark chocolate paired with a few almonds makes the perfect evening treat.

It satisfies your sweet tooth while giving you antioxidants and healthy fats to end your day.